Oyster Mushroom Benefits & Nutrition

A Quick Guide to Nutrition, Everyday Benefits & Smart Ways to Enjoy Them

Meena Mushroom • Fresh oyster mushrooms cultivated with care in Chidambaram

What are oyster mushrooms?

Oyster mushrooms (*Pleurotus ostreatus*) are fan-shaped edible mushrooms known for their mild, slightly nutty flavour and tender, meaty texture. They work well in stir-fries, curries, soups, biryani and other everyday dishes.

At Meena Mushroom, oyster mushrooms are hand-harvested at peak freshness. The farm states that its cultivation is managed without synthetic pesticides or preservatives. This guide is designed as a quick-reference resource; the detailed article provides the fuller discussion and research sources.

Nutrition snapshot — per 100 g raw oyster mushroom

Nutrient	Approximate amount
Energy	33–35 kcal
Protein	3.3 g
Carbohydrates	6 g
Dietary fibre	2.0–2.3 g
Total fat	0.3–0.4 g
Potassium	~420 mg
Niacin (Vitamin B3)	~5.0 mg
Folate	~38 mcg
Vitamin D	~29 IU
Copper	~0.24 mg
Iron	~1.3 mg

Values are approximate and can vary with growing conditions. The figures above are based on the nutrition information presented in the Meena Mushroom guide, which cites USDA FoodData Central.

Why include oyster mushrooms in meals?

1. Low calorie density
At roughly 33–35 kcal per 100 g, oyster mushrooms can add volume and texture to meals without adding many calories.

2. Provides fibre
Their dietary fibre, including beta-glucans, contributes to a varied, balanced diet and supports normal digestive function.

3. Contains useful micronutrients
Oyster mushrooms provide nutrients including niacin (vitamin B3), copper, iron, potassium and folate.

4. Contains bioactive compounds
Oyster mushrooms contain beta-glucans and ergothioneine. These compounds are being studied for their potential roles in metabolic and cellular health.

5. Versatile vegetarian ingredient
Their soft, meaty texture makes them useful in curries, stir-fries, soups and rice dishes, and they can add savoury texture to plant-based meals.

Oyster mushroom vs. button mushroom

Feature	Oyster mushroom	Button mushroom
Texture	Soft, meaty	Firm, dense
Flavour	Mild, nutty, savoury	Earthy, neutral
Fibre	About 2.0–2.3 g/100 g	About 1 g/100 g
Niacin (B3)	About 5 mg/100 g	About 3.6 mg/100 g
Good uses	Stir-fries, curries, biryani, soups	Gravies, salads, pizza

Simple preparation & storage tips

• Tear or slice larger clusters before cooking.
• Sauté, roast, stir-fry or add to curries and soups.
• Refrigerate fresh mushrooms and use them within a few days for best quality.
• Avoid trapping excess moisture in sealed plastic packaging.

A practical note about health claims

Oyster mushrooms are a nutritious food, but they are not a replacement for medical treatment or a balanced diet. Research on cholesterol, blood sugar, immunity and other outcomes is promising in some areas but varies in study size and quality. If you are managing a medical condition or taking medication, consult a qualified healthcare professional before making major dietary changes.

Discover More from Meena Mushroom

This quick guide is a standalone resource. For the detailed nutrition data, research discussion, comparisons, FAQs and source list, read the full article:

Oyster Mushroom Benefits & Nutrition Guide | Meena Mushroom

Explore fresh oyster mushrooms from Meena Mushroom, cultivated and hand-harvested in Chidambaram.

www.meenamushroom.com

About Meena Mushroom

Meena Mushroom is a mushroom farm based in Chidambaram, Tamil Nadu, offering fresh oyster mushrooms. The brand focuses on locally cultivated mushrooms, harvested for freshness and supplied for everyday cooking.

Source note

Nutrition figures and general educational points in this quick guide are adapted from the Meena Mushroom Oyster Mushroom Benefits & Nutrition Guide, which references USDA FoodData Central and published research. This PDF is an independently structured quick-reference resource and is not a substitute for the full article.

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